



National Nutrient Database for Standard Reference

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Statistics Report 01009, Cheese, cheddar

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Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	37.02	39	0.190	36.15	37.86	19.0	36.625	37.42	2	Analytical or derived from analytical	--	06/2015
Energy	kcal	404	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2015
Energy	kJ	1689	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Protein ^{1 2}	g	22.87	39	0.132	22.54	24.25	21.0	22.593	23.143	2	Analytical or derived from analytical	--	06/2015
Total lipid (fat) ^{1 2}	g	33.31	39	0.156	32.95	33.82	17.0	32.976	33.635	2	Analytical or derived from analytical	--	06/2015
Ash ^{1 2}	g	3.71	39	0.028	3.66	3.73	18.0	3.649	3.768	2	Analytical or derived from analytical	--	06/2015
Carbohydrate, by difference	g	3.09	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total	g	0.48	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Sucrose ¹	g	0.00	4	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2014

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Glucose (dextrose) 1 2	g	0.26	5	--	0	0.3	--	--	--	2	Analytical or derived from analytical	--	06/2015
Fructose 1	g	0.00	4	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2014
Lactose 1 2	g	0.12	5	--	0.1	0.18	--	--	--	2	Analytical or derived from analytical	--	06/2015
Maltose 1	g	0.00	4	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2014
Galactose 1	g	0.10	4	--	0.07	0.11	--	--	--	--	Analytical or derived from analytical	--	06/2015
Minerals													
Calcium, Ca 1 2	mg	710	39	9.090	695	717	10.0	689.38	729.735	2	Analytical or derived from analytical	--	06/2015
Iron, Fe 1 2	mg	0.14	39	0.006	0.13	0.16	19.0	0.127	0.15	2	Analytical or derived from analytical	--	06/2015
Magnesium, Mg 1 2	mg	27	39	0.309	26	28	17.0	26.329	27.633	2	Analytical or derived from analytical	--	08/2014
Phosphorus, P 1 2	mg	455	39	3.702	450	464	16.0	447.409	463.127	2	Analytical or derived from analytical	--	06/2015
Potassium, K 1 2	mg	76	39	1.669	75	79	13.0	72.72	79.933	2	Analytical or derived from analytical	--	06/2015

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Sodium, Na 1 2	mg	653	39	13.172	644	673	18.0	625.537	680.832	2	Analytical or derived from analytical	--	06/2015
Zinc, Zn 1 2	mg	3.64	39	0.040	3.61	3.74	18.0	3.551	3.719	2	Analytical or derived from analytical	--	06/2015
Copper, Cu 1 2	mg	0.030	39	0.002	0.03	0.04	13.0	0.026	0.033	2	Analytical or derived from analytical	--	06/2015
Manganese, Mn 1 2	mg	0.027	39	0.002	0.02	0.03	18.0	0.023	0.032	2	Analytical or derived from analytical	--	06/2015
Selenium, Se 1 2	µg	28.5	29	1.055	27.7	29.8	16.0	26.219	30.683	2	Analytical or derived from analytical	--	06/2015
Fluoride, F 3	µg	34.9	1	--	--	--	--	--	--	2	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/1976
Thiamin 1 2	mg	0.029	28	0.000	0.03	0.03	16.0	0.028	0.03	2	Analytical or derived from analytical	--	06/2015
Riboflavin 1 2	mg	0.428	27	0.014	0.41	0.46	16.0	0.398	0.458	2	Analytical or derived from analytical	--	06/2015
Niacin 1 2	mg	0.059	28	0.006	0.04	0.06	17.0	0.046	0.072	2	Analytical or derived from analytical	--	06/2015

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Pantothenic acid 1 2	mg	0.410	25	0.018	0.32	0.48	10.0	0.371	0.449	2	Analytical or derived from analytical	--	06/2015
Vitamin B-6 1 2	mg	0.066	28	0.003	0.07	0.07	17.0	0.061	0.072	2	Analytical or derived from analytical	--	06/2015
Folate, total 1	μg	27	4	--	14	30	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	27	4	--	14	30	--	--	--	--	Analytical or derived from analytical	--	06/2015
Folate, DFE	μg	27	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Choline, total 3	mg	16.5	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Betaine 3	mg	0.7	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Vitamin B-12 1 2	μg	1.10	28	0.054	0.88	1.37	16.0	0.99	1.218	2	Analytical or derived from analytical	--	06/2015
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	330	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol 1 2	µg	330	7	--	256	341	--	--	--	2	Analytical or derived from analytical	--	06/2015
Carotene, beta	µg	85	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin A, IU	IU	1242	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin E (alpha-tocopherol) 1 2	mg	0.71	13	0.001	0.65	0.78	8.0	0.704	0.709	2	Analytical or derived from analytical	--	06/2015
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 1 2	mg	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2014
Tocopherol, gamma 1 2	mg	0.00	13	0.000	0	0.06	8.0	0.004	0.006	2	Analytical or derived from analytical	--	06/2015
Tocopherol, delta 1 2	mg	0.00	13	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2009
Vitamin D (D2 + D3)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2014
Vitamin D3 (cholecalciferol)	µg	0.6	--	--	--	--	--	--	--	--	Calculated or imputed	01211	01/2009
Vitamin D	IU	24	--	--	--	--	--	--	--	--	Calculated or imputed	01211	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) ¹	µg	2.4	2	--	2.3	2.4	--	--	--	--	Analytical or derived from analytical	--	06/2015
Lipids													
Fatty acids, total saturated	g	18.867	--	--	--	--	--	--	--	--	Calculated or imputed	--	06/2015
4:0 ^{1 2}	g	0.634	40	0.005	0.62	0.68	13.0	0.623	0.645	2	Analytical or derived from analytical	--	06/2015
6:0 ^{1 2}	g	0.536	40	0.005	0.53	0.56	12.0	0.526	0.546	2	Analytical or derived from analytical	--	06/2015
8:0 ^{1 2}	g	0.337	40	0.004	0.34	0.36	13.0	0.329	0.345	2	Analytical or derived from analytical	--	06/2015
10:0 ^{1 2}	g	0.820	40	0.008	0.81	0.86	13.0	0.802	0.838	2	Analytical or derived from analytical	--	06/2015
12:0 ^{1 2}	g	0.935	40	0.009	0.93	0.97	14.0	0.915	0.954	2	Analytical or derived from analytical	--	06/2015
14:0 ^{1 2}	g	3.005	40	0.028	2.99	3.1	17.0	2.946	3.065	2	Analytical or derived from analytical	--	06/2015
15:0 ^{1 2}	g	0.318	40	0.002	0.32	0.32	20.0	0.313	0.323	2	Analytical or derived from analytical	--	06/2015
16:0 ^{1 2}	g	8.625	40	0.053	8.57	8.71	19.0	8.515	8.735	2	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:0 1 2	g	0.191	40	0.002	0.19	0.2	17.0	0.187	0.195	2	Analytical or derived from analytical	--	06/2015
18:0 1 2	g	3.394	40	0.044	3.29	3.55	16.0	3.3	3.487	2	Analytical or derived from analytical	--	06/2015
20:0 1 2	g	0.048	40	0.001	0.05	0.05	20.0	0.046	0.05	2	Analytical or derived from analytical	--	06/2015
22:0 1 2	g	0.015	40	0.000	0.01	0.02	27.0	0.015	0.016	2	Analytical or derived from analytical	--	06/2015
24:0 1 2	g	0.008	40	0.000	0.01	0.01	19.0	0.008	0.009	2	Analytical or derived from analytical	--	06/2015
Fatty acids, total monounsaturated	g	9.246	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
14:1 1 2	g	0.296	40	0.005	0.29	0.3	18.0	0.285	0.306	2	Analytical or derived from analytical	--	06/2015
15:1 1 2	g	0.000	40	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2014
16:1 undifferentiated 1 2	g	0.504	40	0.006	0.49	0.51	20.0	0.492	0.516	2	Analytical or derived from analytical	--	06/2015
16:1 t 1 2	g	0.101	40	0.001	0.1	0.1	19.0	0.099	0.103	2	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
17:1 1 2	g	0.059	40	0.001	0.06	0.06	16.0	0.057	0.061	2	Analytical or derived from analytical	--	06/2015
18:1 undifferentiated 1 2	g	7.403	40	0.062	7.22	7.7	12.0	7.269	7.538	2	Analytical or derived from analytical	--	06/2015
18:1 t 1 2	g	0.816	40	0.014	0.79	0.87	10.0	0.784	0.848	2	Analytical or derived from analytical	--	06/2015
20:1 1 2	g	0.065	40	0.001	0.06	0.07	20.0	0.063	0.066	2	Analytical or derived from analytical	--	06/2015
22:1 undifferentiated 1 2	g	0.001	40	0.000	0	0	16.0	0.001	0.002	2	Analytical or derived from analytical	--	06/2015
22:1 t 1 2	g	0.000	40	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	05/2014
24:1 c 1 2	g	0.001	40	0.000	0	0	13.0	--	0.001	2	Analytical or derived from analytical	--	06/2015
Fatty acids, total polyunsaturated	g	1.421	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
18:2 undifferentiated 1 2	g	1.171	40	0.021	1.14	1.23	14.0	1.127	1.215	2	Analytical or derived from analytical	--	06/2015
18:3 undifferentiated 1 2	g	0.114	40	0.004	0.11	0.12	22.0	0.105	0.122	2	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4 1 2	g	0.000	40	0.000	0	0	9.0	--	0.001	2	Analytical or derived from analytical	--	02/1995
20:2 n-6 c,c 1 2	g	0.007	40	0.000	0.01	0.01	20.0	0.007	0.007	2	Analytical or derived from analytical	--	05/2014
20:3 undifferentiated 1 2	g	0.037	40	0.001	0.04	0.04	16.0	0.036	0.038	2	Analytical or derived from analytical	--	05/2014
20:4 undifferentiated 1 2	g	0.053	40	0.001	0.05	0.06	16.0	0.051	0.055	2	Analytical or derived from analytical	--	06/2015
20:5 n-3 (EPA) 1 2	g	0.010	40	0.001	0.01	0.01	19.0	0.009	0.011	2	Analytical or derived from analytical	--	06/2015
22:4 1 2	g	0.009	40	0.000	0.01	0.01	21.0	0.008	0.009	2	Analytical or derived from analytical	--	05/2015
22:5 n-3 (DPA) 1 2	g	0.017	40	0.001	0.02	0.02	19.0	0.016	0.019	2	Analytical or derived from analytical	--	06/2015
22:6 n-3 (DHA) 1 2	g	0.001	40	0.000	0	0	19.0	0.001	0.002	2	Analytical or derived from analytical	--	05/2015
Fatty acids, total trans	g	0.917	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Fatty acids, total trans-monoenoic	g	0.917	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2015
Cholesterol 1 2	mg	99	29	0.507	98	101	13.0	97.845	100.029	2	Analytical or derived from analytical	--	06/2015

Amino Acids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tryptophan ⁴	g	0.547	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Threonine ⁴	g	1.044	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Isoleucine ⁴	g	1.206	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Leucine ⁴	g	1.939	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Lysine ⁴	g	1.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Methionine ⁴	g	0.547	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Cystine ⁴	g	0.123	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Phenylalanine ⁴	g	1.074	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Tyrosine ⁴	g	1.108	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Valine ⁴	g	1.404	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Arginine ⁴	g	0.547	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Histidine ⁴	g	0.547	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Alanine ⁴	g	0.751	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Aspartic acid ⁴	g	1.734	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Glutamic acid ⁴	g	4.735	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Glycine ⁴	g	0.547	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Proline ⁴	g	2.497	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Serine ⁴	g	0.780	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	06/2015
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2001

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 17e, 2013 Beltsville MD²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 19b, 2014 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4b, 2001 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 4c, 2001 Beltsville MD